What is Hope?

Hope is the belief that your future will be better than today, and you have the power to make it so.
Goal setting is the cornerstone of hope.

**Pathways** refers to the ability to identify routes toward goals and to find new routes (problem solve) around obstacles if necessary.

**Agency** (Willpower) is the ability to sustain motivation to move along these pathways.
Tenets of Hope

...agency without pathways is a wish!
How Adversity/Trauma Influence Hope

• Adversity Influences The Nature of Our Goals.
  • Avoidant or Achievement Mindset
  • Short-Term and Long-Term

• Pathways Are The Strategies or Roadmaps We Identify To Pursue Goals.
  • Ability to consider barriers and problem solve
  • Ability to identify multiple pathways to goals

• Willpower Is The Mental Energy We Can Focus On Pathway Pursuits.
  • Willpower is a potentially limited resource
  • Importance of nutrition
The Experience of Hope

How well can you manage your willpower?

Identified Pathway

Valued Goal

Attention Detractors

Unmitigated trauma is a hope ROBBER!
HOPE CENTERED AND TRAUMA INFORMED®
What is the opposite of hope?
THE LOSS OF HOPE IS A PROCESS

- **HOPE**
  - Goal is significantly blocked.

- **Anger**
  - Unable to adjust goal. Pathways are unavailable.

- **Despair**
  - Loss of Motivation

- **Apathy (Hopeless)**
Where Do You Focus Your Attention (Willpower)?

Past
- Nostalgia
- Memory
- Rumination, Regret, Shame, Guilt

Attention
- Flourishing
  - Positive Emotions
  - Adaptive Coping
  - Secure Attachments

Future
- Hope, Optimism
- Imagination
- Worry, Fear

Suffering
- Negative Emotions
- Maladaptive Coping
- Insecure Attachments

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HOPE CAN BE TAUGHT!
NURTURING HOPE IN CHILDREN AND ADULTS

- Progress Reinforces Pathway/Agency Relationship
- Barriers are Considered and Pathways Adjusted
- Clarifying Goals Increases Agency

HOPE

Creating Future Memories of Success

Viable Pathways

Goal Setting

Hope Centered And Trauma Informed®
## Hope and High ACE Yough

### Prevalence of Adverse Event by Type

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Abuse:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Verbal</td>
<td>49.8</td>
<td>Dysfunctional Family</td>
<td></td>
</tr>
<tr>
<td>Physical</td>
<td>38.6</td>
<td>Witness Domestic Violence</td>
<td>77.9</td>
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<tr>
<td>Sexual</td>
<td>20.3</td>
<td>Parent Divorce</td>
<td>41.2</td>
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<tr>
<td><strong>Neglect:</strong></td>
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<td></td>
<td></td>
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<tr>
<td>Emotional</td>
<td>47.1</td>
<td>Mental Illness</td>
<td>38.5</td>
</tr>
<tr>
<td>Physical</td>
<td>17.9</td>
<td>Parent Incarceration</td>
<td>44.7</td>
</tr>
</tbody>
</table>
THE POWER OF HOPE
Changes In Hope Among High ACE Children

Pretest: 25.38
Posttest: 27.51
30 Day F/U: 28.67
## Strategies To Nurture Hope

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduce Hope</td>
<td>Introduce the concept of hope and discuss its core components (distinguish wishful thinking).</td>
</tr>
<tr>
<td>Goal Setting</td>
<td>Help develop personally relevant goals.</td>
</tr>
<tr>
<td>Pathways</td>
<td>List and discuss potential pathways toward goal achievement.</td>
</tr>
<tr>
<td>Willpower</td>
<td>Identify/describe sources of motivation.</td>
</tr>
<tr>
<td>Problem Solve</td>
<td>Identify and list obstacles.</td>
</tr>
<tr>
<td>Create Hope Visual</td>
<td>Create a Visual Map accessible for the reference.</td>
</tr>
<tr>
<td>Re-Goaling</td>
<td>Remember – We have the ability to re-goal.</td>
</tr>
</tbody>
</table>

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Hope Is A Social Gift!
Creating a Hope Centered Community

At the heart of change is our ability to understand the way things are right now in our lives,

And that we can begin to imagine the way things could be.

That is where **Hope will Rise!**